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THE FOREST AT DUKE

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## Neuropsychologist Presents Award-Winning Brain Health Program at The Forest at Duke

**DURHAM, NC, JANUARY 5, 2018** – The Forest at Duke, a vibrant continuing care retirement community located in the heart of Durham, is proud to be hosting “I Care For Your Brain with Dr. Sullivan”, an award-winning brain health program beginning in January of 2018. The program is centered on nine brain-centric topics that science has shown to contribute to successful aging.

In a recent survey of 1,037 older Americans, memory loss was cited as their No. 1 fear, more so than the fear of being buried alive, snakes or a terrorist attack. The American Psychological Association predicts that dementia-related anxiety is on the rise and could become its own clinical disorder. These facts inspired neuropsychologist Karen D. Sullivan, PhD, ABPP, to create the “I Care For Your Brain with Dr. Sullivan” program.

Recognizing the impact of the program, LeadingAge North Carolina, a Raleigh-based nonprofit representing 69 senior living communities presented its Excellence in Collaboration award to the “I Care For Your Brain” program in May 2017.

Sullivan completed her formal education and training at Boston University, Harvard Medical School and assistant professorship at the University of North Carolina at Chapel Hill’s School of Medicine. She draws from her personal experiences as a caregiver, nursing assistant, therapeutic companion, activities director and co-director of an adult day health program.

For more information about the program and to inquire about registration, visit:  
[forestduke.org/events](http://forestduke.org/events)

### Supporting Quotes:

“We are committed to providing our residents with a life of the highest quality; we believe in providing enriching programming that makes a significant contribution to our residents’ entire well-being, including their family.” – Anita Holt, President/CEO The Forest at Duke

“I have serious concerns about the so-called ‘brain fitness’ industry, including supplements, computer games and phone apps that promise to enhance brain functioning and, even, prevent or reverse brain diseases, like dementia,” Sullivan says. “It is well known in scientific circles that there is very little to no proof that these products do anything except empty the wallets of older adults to the tune of 8-10 billion dollars annually.” – Dr. Karen Sullivan, PhD, ABPP